INFORMATION FOR THE PRESS

United States Department of Agriculture

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WASHINGTON, D.C.

THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

BIG CROP OF EARLY PEACHES

In all slang phraseology there's no greater praise than to rate someone a "peach". And the fact that this designation has been applied widely for so long shows something of the high regard that mankind entertains for this member of the stone fruit family.

Official opening of the peaches-and-cream season came earlier than usual this year. The very first week in May the first carloads of peaches were shipped out of Georgia. But, as usual, peaches didn't appear frequently on most tables until a little later--when shipments began to move in volume.

Headline peach news this year is the relatively large crop in the ten southern states and the lower prices that have prevailed since the first of the season. According to Department of Agriculture economists the early crop this year, all told, probably will be considerably above average--over one-third larger than last year's light early crop.

These southern states will be shipping the bulk of the nation's peaches throughout July. In other states the harvest will not get under way until the latter part of July. But crop estimators do not expect it to be as heavy as last year.

First peaches of the season are usually white fleshed and clingstones. Later the yellow-fleshed varieties come in. Except for the very early clingstones, the "clings" are usually more popular for canning and home pickling--

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the freestones are largely for eating raw and use in cooking and preserving.

But yellow or white--cling or freestone--they all present a problem in shopping. Most shoppers instinctively select peaches that are firm of flesh--that are free from blemishes--and have a rosy blush. It is well, however, not to be too much impressed by the peach's beguiling blush.

More significant than this blush is the color underneath--the background color. This should be either whitish or yellowish. Peaches with a green "ground" color have been picked at too immature a stage. They won't ripen satisfactorily--will probably shrivel and be tough and rubbery, lack flavor.

Obviously peaches that are bruised or decayed or have large growth cracks will be wasteful--often more wasteful than they look on the surface. Peaches that the worms have injured will have small punctures over the skin with a sort of a gum coming out from these punctures. And they'll be softer than other peaches in the same container, as though they had ripened too soon.

And, as in buying quantities of any fruit, it's a good idea to sample one or two first to see that they are suited to the purpose for which you are getting them. Ripe peaches should be used immediately or kept in the refrigerator. Slightly underripe peaches may be left out at room temperature to ripen.

Those who want dietetic justification for eating plenty of this melt-in-your-mouth fruit will find it in the peach's vitamin content. It is a good source of vitamin C, and fair in B and G. Peach varieties differ considerably in their vitamin A content; many of the yellow fleshed varieties rate "excellent" in this vitamin.

As the peach season advances most meal planners like to serve them in different guises. Peaches should be washed and pared just before they are to be served because they darken on standing.

Peaches cut in uniform crescent shapes are good in combination with other fresh fruits in fruit cups or salads. The pulp of fresh peaches gives a delightful flavor and texture to ice cream or mousse. And the golden color of peaches frozen in a custard foundation is as appetizing as its refreshing coolness.

Among the many peach dishes peach melba is a classic, a child's idea of a perfect party dessert--good to eat and pretty. To make it, put a dipperful of vanilla ice cream into the hollow of a peach half. Then pour a raspberry sirup over this. Top with chopped nuts.

Other possibilities for using fresh peaches are peach bavarian cream--peach pie--cobblers--shortcakes. And many cooks like to broil halves of peaches of the quite firm varieties and serve them with the meat course or as part of a grilled dinner.

When peaches are abundant and prices are "right" many a foresighted homemaker puts up a few for the winter months. A visit to a well-filled winter fruit cupboard will reveal the peach in many shapes. There'll be canned peaches, in halves; peach preserves, in uniform pieces; pickled peached, whole; and peaches with no shape at all in jams and butter.

The best way to can peaches at home is by the boiling-water bath--the same as other fruits. Experts do not recommend canning peaches in the oven. For it's in these oven-canned peaches that a brown discoloration is likely to develop.

Large fruits, such as halves of raw peaches, the oven may not heat through fast enough. Then enzymes in the peaches start a reaction which causes a brownish discoloration. This reaction is progressive, starts at the top of the container and may have worked its way throughout the whole jar by the time they are ready to be used. And the peaches not only turn brown but lose flavor.

Peaches may be packed raw. But it's better to simmer them first in sirup--about 4 to 8 minutes--but not until they are cooked soft. This shrinks the fruit and makes it pack better in the jar. Pack them at once, the halves, pit side down, in overlapping layers. Then fill the containers with hot sirup.

Sirup for peaches may be medium or light depending upon the sweetness of the fruit. In a light sirup there are 5 cups of sugar to a gallon of water. A medium sirup has 12-1/2 cups of sugar to a gallon of water. A cracked peach pit boiled with each quart of sirup will give it an almond-like flavor. Strain the pits out before using the sirup.

Time for processing in home canning of peaches varies with the firmness of the fruit. Processing time is always counted only after the water comes to an energetic jumping boil about the containers. And the water must be boiling every bit of the time. In pint or quart glass jars, firm peaches packed cold will need about 35 minutes in the boiling-water bath; soft peaches need 25 minutes. Peaches in tin cans are processed in the boiling water a little shorter time--30 minutes for firm peaches--20 minutes for soft ones. Peaches that have been precooked and packed hot will need only 15 minutes in either jars or cans, whether they are soft or firm.

Peaches lack the necessary acid and pectin to make them suitable fruits for jelly. But they are good in jams and butters. And firm-ripe peaches are ideal for preserving.

PEACH PRESERVES

Any variety of white or yellow peach of good dessert quality will make satisfactory preserves if chosen at the firm-ripe stage.

Wash and pare the peaches. Either leave them whole or cut them into uniform pieces, such as halves, quarters, or eighths. To each pound of prepared fruit allow 3/4 to 1 pound of sugar. Combine the fruit and the sugar in alternate layers and let stand 8 to 10 hours or overnight before cooking. Or add the sugar and 1/4 cup of water for each pound of the fruit and cook at once. In either case stir carefully while heating to boiling. Boil rapidly until the sirup is somewhat thick, stirring constantly to prevent burning. Pour at once into hot sterilized jars and seal.

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THE MARKET BASKET
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Bureau of Home Economics, U. S. Department of Agriculture

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MARKETS OFFER WATERMELON
FOR SUMMER REFRESHMENT

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A glistening, translucent red, tenderly crisp when cut with the fork, delicately flavored, cool, sweet, when crushed in the mouth — the watermelon is one of Nature's prize packages of summer refreshment. Popular with the ancestors of King Tut, according to some accounts, before they first cut hieroglyphics of their exploits in Egyptian stone, Citrullus vulgaris, as scientists have named the watermelon, has won a place in popular esteem and in gardens throughout the tropical and temperate world.

Many dispute this theory of the ancient beginnings of the watermelon. Through legends of unwritten history they ascribe its origin to other lands. Some say India. And there is a Sanskrit word for melon. Others insist that the forerunners of our garden varieties were first found in regions bordering on the Caribbean Sea. Our Pilgrim fathers, the records show, gathered this heavy fruit of the vine less than 10 years after the Mayflower first reached the "rock-bound coast". It is known that fields of melons planted by the Indians greeted Marquette on his first expedition through the Mississippi valley.

Whatever the history, prospects for many a satisfying slice of melon coolness were probably never better than in 1938. Better melons are being grown

and marketed today than ever before in the history of the country. Grower-government marketing agreements, combined with scientific breeding experiments are responsible.

Since the first car of Florida melons rolled northward on April 30, the four leading watermelon states of the Southeast, have been sending only the cream of their crop to market. Through a marketing agreement, only U. S. No. 1 melons are being shipped from Georgia, Florida, and North and South Carolina. To the inspector, grower, and shipper, U. S. No. 1, is automatically translated into definite signs, measurements and weights. To the consumer it means "the best".

Since all melons offered on the market do not come under this safe-guard, the homemaker still wants to know how to pick a winner. Taste is, of course, the only final "proof of the melon", but sight, touch, and hearing may all help shield the family from disappointment, when the melon slices are passed 'round. Melon halves are often obtainable at quick turnover market centers, and the dealer is often willing to "plug" a melon to give the purchaser an accurate test of color and texture.

When neither of these direct evidence tests are permissible, some experienced melon pickers choose by color, others by weight, or sound. The best melons, according to W. R. Beattie, senior horticulturist for the U. S. Department of Agriculture, are bright, lustrous green, with a creamy yellow -- not a dull yellow or white -- background. This background is clearly seen where the melon lay with its "belly" against the ground. The best melons are heavy for their size, and have a deep sound when thumped. Any melon with such a deep bass voice is sure to be mature, though it may also be overripe.

In the past, homemakers have complained that their refrigerators weren't big enough to hold a whole watermelon. Melons were getting ever larger, and the mechanical refrigerators tended to be smaller than the old ice boxes. Now growers

are producing a small, de luxe model to fit the new refrigerators. They're better adapted to the family size, too. One of the leading varieties of the small new melons, the Northern Sweet, developed by the Minnesota Agricultural Experiment Station from seed imported from the Volga area of Russia, weighs 9 or 10 pounds. This is less than half the weight thought necessary to assure a good melon in some of the older varieties, such as the Tom Watson or Thurmond Grey. The color, sweetness, and lack of fiber of the new melon has been approved by many buyers — also by many northern gardeners. The new variety requires nearly a month less time from planting to picking than some southland favorites.

The new small melon is only one of many breeders' triumphs during the past few years. Wilt resistant varieties produced through the state agricultural experiment stations of Iowa, Florida, and California, with the cooperation of the U. S. Department of Agriculture, are expected to wipe out the "wilt nightmare" in some sections, where the disease sometimes mowed down whole fields in a few hours' time. These new varieties, including the Pride of Muscatine, the Iowa King, the Iowa Belle, Leesburg, the Resistant Klondike No. 7, should help make melon desserts possible in more American homes, especially in districts where the disease has been prevalent.

Dietitians preach no sermons on the food value of the watermelon. Citrullus vulgaris seems to be served largely just for the pure joy of the eating. Yet history relates how tribes in desert regions of Africa have been known to subsist through periods of drought on melons as their sole food and drink supply. And though the nutrition books give the watermelon low ratings for vitamins and minerals, the generous size of the usual serving, does, after all, contribute something worth while. Watermelon is a fair source of vitamin C, which cannot be stored in the body and is often low in the human diet. Some A and B are also found. Vitamin C is the most illusive of the vitamin family, and fresh, uncooked

fruits are its richest source.

As for ways of serving watermelon. "Ice cold" is the almost universal request. Aside from this, the service depends on the whim or skill of the carver. Some prefer lengthwise, and others round or half slices, with or without a light sprinkling of salt to bring out the natural flavor. On a hot day, melon is a dessert which refreshes and cools without bringing new thirsts. For such reasons watermelon is an ideal "top off" for the picnic dinner.

Melon balls from the sweet, red "heart" came into favor with the fruit cup. For the hostess fortunate enough to live in a melon country the more kinds of melons she uses -- watermelon, honeydew, cantaloup, hearts of gold, Persian, honeyball, Cassaba -- the merrier the harmony of color tones and blends of flavor. For a more penetrating coolness try a dressing of minted grapefruit juice over all.

No watermelon would be complete without the rind, and no story on the subject whole without a good recipe for watermelon pickle. Here's one tested by experts of the Bureau of Home Economics.

Watermelon Pickle

4 pounds watermelon rind
Limewater made with 2 quarts cold water and 10 grams, or 2 tablespoons lime
2 quarts vinegar
1 quart water
4-1/2 pounds granulated sugar
2 tablespoons whole allspice
2 tablespoons whole cloves
10 two-inch pieces stick cinnamon

Select rind from a firm, not overripe melon, and before weighing, trim off green skin and pink flesh. Cut in inch cubes and soak for 2-1/2 hours in the limewater. Drain, cover with fresh water and cook for 1-1/2 hours, or until tender, and add more water as it boils off. Let stand overnight in this same water, and next morning drain. Bring to the boiling point the vinegar, 1 quart of water, the sugar, and the spices tied loosely in cheesecloth. Add the drained watermelon, and boil gently for 2 hours, or until the sirup is fairly thick. Remove the spice bag, pack the watermelon pickle in sterilized glass jars, seal airtight, and store in a cool place.

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THE MARKET BASKET
by
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GETTING THE MOST FROM YOUR REFRIGERATOR

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A winter of too much ice may have given prehistoric man his first lesson on how to preserve food by cold. A mild winter with too little ice -- back in 1889 -- was indirectly responsible for the rapid development of modern mechanical refrigeration. Faced with the greatest ice shortage in history in the summer of 1890, America set out to make use of inventions which would give refrigeration independent of Nature's whims. Machine-made ice, cold-storage lockers, dry ice, and mechanical refrigeration units have all come into general use since that time.

Better food is arriving in American homes today because producers, shippers, and dealers have hastened to take advantage of these discoveries. Homemakers want to know how to use their refrigerators to keep the family's food at its best -- especially through the midsummer heat.

Which foods should be covered? Which uncovered? Which placed at the bottom; which at the top of the refrigerator? Rules are easily forgotten. Sometimes they change with new discoveries, or with new types of refrigerators. It may help the bride of 1938 -- and her mother as well -- to hold in mind a few general principles.

First of all, cold retards the growth of destructive organisms. That is the answer to the question, "Why refrigerate?" Bacteriologists, including some in the Bureau of Home Economics of the United States Department of Agriculture, after

testing many highly perishable products, believe that temperatures of 40 to 50 degrees Fahrenheit give adequate protection for most foods. There are refrigerators of every type -- ice, gas, kerosene, and electric -- which will maintain these temperatures if properly handled.

On the hottest days -- when the kitchen thermometer reads 90 -- at least 50 percent more ice or electricity is used to maintain the proper food temperatures in your refrigerator than on 70 degree days. Placing the refrigerator next to the kitchen stove, or in a sunny place on the porch is like exposing it to a continuous hot day. Such treatment is not fair to the refrigerator, nor to the family pocketbook.

A refrigerator can not be expected to cool off any large portion of the outside air and still maintain necessary low temperatures inside the cabinet. When preparing a meal, form the habit of taking several articles from the refrigerator at one time. Close the door as quickly as possible and latch tightly after every use. If your box has seen several years of service, check the door gaskets and hinges to be sure they are still very tight.

Don't force the refrigerator to do a large amount of unnecessary cooling. Avoid putting hot dishes into the cabinet. Every bowl, plate box, paper sack, even every piece of wrapping paper -- as well as every bit of food -- placed in the refrigerator should have a perfectly good excuse for being there, since everything added to the load brings more heat to be cooled off. Many refrigerators do much such unnecessary cooling, at unnecessary expense to the household. More important than this the extras often help push the temperature up too high for effective refrigeration, largely because they block air circulation.

Certain foods -- milk, cream, and raw meats -- are especially inviting to bacteria, and lower temperatures are required to check their unwanted growth. The thermometer should not creep up over the 45-mark in the section of the refrigerator

where these foods are stored. Just a little more warmth than this — five more degrees — will increase the bacteria birthrate in a bottle of milk by hundreds of thousands in a single day. If you have any doubt as to the efficiency of your refrigerator, reserve the coldest spot for dairy products and raw meat. Speed milk and cream to the refrigerator, taking only enough time to wash off the outsides of the bottles. Creamed dishes and desserts made of milk or cream, or eggs, require the same special consideration.

Epidemics of food poisoning, reported every summer, are usually directly traceable to improper refrigeration of foods of this group. Bacteria-infected custard mixtures of milk and egg, and raw and cooked meats, especially ground meats, are most often the sources of the trouble.

Cold air falls, warm air rises. Unless turned aside from its course, the coldest air current falls directly down to the box floor from the cooling unit or ice block. It greedily takes up warmth from the stored foods in its path. Crossing the floor, the slightly warmed air takes the open course up, which is usually at the side or up the front to the top. Thence it passes to the ice or frosty cooling unit — and the merry-go-round begins all over again.

This rule, that cold air falls, will help to locate the frigid zone in your refrigerator. But a thermometer or two set at different places will help to find the exact spot. Although sometimes the range is only two or three degrees, variations of six to eight degrees are not uncommon in household refrigerators. This much may make all the difference between sweet and sour cream for breakfast.

Trays, large plates, or paper sacks may divert these air currents. Overcrowding may cut them off and reduce the efficiency of the refrigerator. Dishes are better than paper sacks as they allow freer passageway for the cooling air stream.

The circulating air carries off moisture and odors as well as warmth. A tight covering for raw meat keeps the surface too moist, thus making good growing

conditions for bacteria. For best results keep raw meat but a short time (never longer than two days) uncovered or lightly covered at 40 to 45 degrees Fahrenheit.

Ground meats should be handled with special care and used quickly as there are multiple surfaces to invite attack, and the bacteria have been well seeded through the mass. Edible meat organs should be used on the day of purchase. It is unsafe to hold ready-to-serve meats longer than two days, even at 40 to 45 degree temperatures.

Fish presents a double problem; for both the refrigerator and the food must be protected. A wrapping of wax paper is probably most satisfactory. Uncooked fish should never be held longer than a few hours.

Cooked meats, left-over foods, and cheese dishes all need protection from refrigerator dryness. A loose wax paper covering is probably best for cooked meats.

Special sets of refrigerator dishes with tight-fitting covers are handy for most left-over foods. Cover sets of cellophane or rubberized silk held in place by tight elastic bands are helpful if kept fresh and clean. Folded squares of wax paper and rubber bands are a satisfactory substitute. Cellophane bags with slide fasteners will keep lettuce fresh. Or a covered ventilated pan should be provided for salad greens and the succulent fresh vegetables such as lettuce, celery, endive, radishes, cucumbers and crisp salad carrots. Wash carefully before storing. Enough extra moisture should cling to the leaves to keep these salad vegetables crisp till mixing time.

Foods of delicate flavor, such as milk, cream, butter, need protection from refrigerator odors. Tight covers are absolutely essential. The original paper caps are best for milk bottles. Make sure all surfaces of the butter are closely covered by the original wrapping. Better still add extra layers of wax paper and keep in a specially closely covered dish.

The cold air currents deposit odors as well as much of their moisture on the cooling unit or ice block. For this reason vegetables and fruits with decided odors such as cabbage, cauliflower, apples, or pineapples, are best placed high in the refrigerator, so that the air stream crosses them just before it strikes the ice or frosty coils. This prevents odors from coming into contact with other food.

To keep the refrigerator fresh and sweet, wash out the interior of the cabinet with a weak solution of washing soda. This is easier to remove than soap, and for the purpose has better cleansing qualities. If you use ice be sure the drain is thoroughly cleaned with the solution. Sometimes a tablespoon of washing soda placed on the melting block of ice will do the trick. A mechanical refrigerator should be thoroughly cleansed with washing soda solution at defrosting time. An occasional scalding of the cube tray is advisable.

Cold helps preserve the food value, flavor, and texture of vegetables and fruits. Fruits and vegetables, unlike many other foods, are still living things when stored in the refrigerator. They continue to breathe and wilt and grow old rapidly, unless these life processes are stopped by heat, or slowed down by cold. Some vegetables, such as sweet corn, green peas or lima beans lose their sweetness quickly. Others become more fibrous and lose flavor. Corn, peas, and lima beans should be used at once, but part of their goodness will be preserved if they are held at low temperatures until cooking time. Left at room temperatures fruits soon become overripe and ready for decay. Refrigeration slows down these unwelcome changes.

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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

SUMMER FOOD AND REFRESHMENT
COMES IN COOLING GLASSES

When the sun glares relentlessly from its first rising, when little sister is moved to set up her doll's house on the cellar stairway, and sonny lives in his bathing suit in and out of the lawn sprinkler, when the well, the kitchen cold water faucet, or the corner drinking fountain have frequent visitors--it is midsummer in earnest. On such days the click of a piece of ice in a tumbler may ring more clearly than the family dinner bell.

It is the time when too many between-meal glasses of lemonade or 4 o'clock milkshakes may play strange tricks with the family's dinnertime appetite. But not if this craving for cooling drinks is made to supplement, rather than interfere with, the family's mealtime fare. Hot weather drinks may represent real food value as well as mere refreshment.

From the standpoint of food value, milkshakes--and their close relatives the milk eggnogs--take first place among summer drinks.

Milk, the foundation of all these drinks, contributes more essentials to the diet than any other single food. Dietitians recommend milk as a foundation food in child feeding. It supplies high quality protein, so necessary for growth and tissue-building, at a low cost. Calcium and phosphorus, essential for the forming of bones and teeth, are readily obtained from milk which is the most practical of all the natural foods as a source of calcium. Whole milk is a good source of

vitamins A and G, and contains small quantities of the other vitamins.

Milkshakes offer the full value of milk, and in addition more calories in the form of chocolate, caramel, or fruit sirups.

Young folks enjoy making milkshakes at home, if given encouragement, and with a little practice can do as well as the boy behind the drugstore counter. The family's refreshment money goes farther--and there is the fun of mixing besides. Mother also has a better chance to time the "shake" parties, so that these sweet, satisfying drinks will not seriously interfere with the family's interest in other important foods.

If the young folks--or their parents--go in for making their own milkshakes on hot summer days, a good egg beater and a bowl, or a shaker, will be needed besides the "makings". If the family has a refrigerator with liberal supplies of fresh, good quality, whole milk, the situation is ideal. Or, evaporated or dried milk may be used equally well.

The "makings" should also include some ready prepared sirups, plain, chocolate or caramel. Fruit sirups can be made by the addition of plain sirup to fresh fruit juice shortly before mixing time. A prepared sirup sweetens summer drinks more effectively than sugar. The blending of the sugar sirup is quick and complete. Sugar does not dissolve readily in cold liquids and tends to sink to the bottom of the pitcher or glasses.

Flavorings and spices, including vanilla and almond extracts, and nutmeg and cinnamon for "toppings" may also be helpful. A patch of mint growing in the back yard may furnish garnish as well as flavoring for the milkshakes.

Always add a bit of salt, as this is necessary to make a perfectly flavored milkshake--or any other summer drink. But flavor is not the only reason for adding salt. The body loses large quantities of salt in perspiration during sweltering weather, and this loss should be made good.

Men doing hard manual labor always realize the need of drinking more water to make up for this loss of liquid; but it was not until about two years ago that doctors became aware that extra salt should be eaten during hot weather. Some medical research workers discovered, almost by accident, that salt water helped to prevent heat prostrations. Now it is common practice for men engaged in strenuous labor in very hot factories to take salt pills with their drinking water. Laborers so protected suffer much less from heat ailments than they did when no salt was given, factory doctors report. Families will probably find it helpful to use plenty of salt in seasoning their food and drinks, when the mercury hovers around the 100-mark.

In preparing milkshakes be sure to have all utensils, as well as all ingredients as cold as possible--then work quickly. Pour into tall, chilled glasses and serve at once. Vary the flavor combinations to suit the whims and tastes of the members of the family or their guests. But don't try to use too many flavors in one glass.

A "float" or milkshake topped with a dipper of ice cream, makes an ideal dessert for a children's party, or a luncheon or dinner ending in hot weather. It is food value, refreshment, and dessert all in one glass. Always popular, especially with children, is the banana-milkshake, made by crushing a very ripe banana to a pulp, and shaking to a smooth blend with cold milk.

The flavor of eggnog is often pleasing to those who do not care for milk. To prepare, add the other ingredients to the beaten egg, seasonings, and flavorings first, and beat thoroughly after each step. Beaten eggs may also be used in lemonade, or other fruitades for additional nourishment.

Among summer drinks those made of real fruit juices are also universal favorites. When served in moderate amounts at meal times, they contribute more than a trifling value to the family diet. Calories come in a pleasing form in the

fruit sugars and the sirup added for sweetening. If fresh fruits are used, especially citrus fruits, there is also some vitamin C. A daily supply of this vitamin is needed as it cannot be stored in the body. Fruit juices, like the fruits themselves, have a slightly laxative effect.

But the value of fruit juices with dinner is not confined to the contents of the glass. For the refreshing drink is also an appetizer, and a child is a little more likely to find the foods on his plate acceptable, because of the cooling glass placed before him.

It is not essential to follow a recipe in preparing fruit juices for the family dinner. Use the odds and ends of fruit juices your refrigerator may offer. The drainings from last night's pineapple salad will make a pleasing combination with the juice of a freshly squeezed lemon, lime, or orange or two. For color crush and strain half a cup of berries, or add a tablespoon or two of that jelly which refused to "jell". If used as an appetizer, the drink should be more tart than sweet, since sugar dulls, rather than stimulates the appetite.

Although the use of left-over fruit juices is approved experimentally, never go to the extreme of including questionable fruits in the mixture. A single partly decomposed berry, or a badly browned lemon may give an off-flavor to the entire dinner drink.

Drink plenty of cool water on hot days. Water helps the body to get rid of its excess heat, through surface evaporation. Although water also aids digestion, very much ice cold liquid is harmful, especially at mealtime, for all liquids must be warmed to body temperature before digestion can proceed.